

**Delaware Developmental Disabilities Council  
Children and Families Committee Meeting  
Wednesday, November 2, 2016 from 1:30 PM to 3:30 PM  
DDDS, 2540 Wrangle Hill Road, Bear, DE  
Call-in information:  
302-526-5475  
Conference ID: 6940783#**

**Minutes of Meeting**

**Members Present:** Alex Eldreth, Committee Chair; Shawn Rohe, Parent Advocate; Barbara Monaghan, Self-Advocate; Nancy Lemus, Parent Advocate; Bill Monaghan, Self-Advocate; Carrie Melchisky, Parent Advocate

**Members Absent:** Angela Mitchell, parent advocate; Rick Kosmalski, Parent Advocate; Steve Yeatman, Parent Advocate

**Guests Present:** Steve Groff, Director, Delaware Division of Medicaid and Medical Assistance (DMMA); Lisa Zimmerman, Deputy Director, DMMA

**Attending via teleconference:** The line was opened, but there were no teleconference attendees for this meeting.

**Staff Present:** Kristin Cosden, Social Services Administrator, Delaware Developmental Disabilities Council (DDC)

- I. **Call to order-** Chairperson Alex Eldreth called the meeting to order at 1:38 PM.
- II. **Approval of Minutes-** A quorum being present, the committee voted to approve the minutes.
- III. **Approval of Agenda-** A quorum being present, the committee approved the agenda as written.
- IV. **Chair's Report-** Alex thanked the committee members and invited guests for attending. Alex asked the committee to direct their attention to a short video clip from 60 minutes. The video focused on a school district that has incorporated daily exercise and access to team sports for students with Autism as a part of their overall school curriculum, and the beneficial effect the daily exercise has had on the students. School administrators interviewed for the video clip stated that they previously thought students with Autism may not be a good match for team sports, but that after encouraging their participation, the school has seen huge benefits. Carrie Melchisky pointed out that in Delaware, students with disabilities who are still in school but are over the age of 18 cannot play school team sports. They may practice with the team, but many not play once they are past 18. This is a concern for some individuals with disabilities, since some individuals stay in the school system until age 21.
- V. **Staff Report-** Kristin Cosden reminded the committee that the Transition Conference is coming up on December 7<sup>th</sup>. Since the Transition Conference is scheduled to take place on

the same day the committee meets, Kristin reminded the committee that they agreed to hold their next meeting on December 14. She also reminded the committee that the LIFE Conference is coming up on January 25, 2017 and that registration is currently open.

## **VI.**

**Current Business-** At the October CF Committee meeting, the committee agreed to begin working on objectives IAC2 (educate all key state policymakers on the benefits of expanding state Medicaid and CHIP programs to include free or low-cost wellness, exercise and weight-loss options for individuals with disabilities) and HC2 (Develop and/or approve curriculum and provide training for physicians and other clinical professionals within year one of the 2017-2021 state plan) immediately. In keeping with the committee's decision, Alex reached out and invited DMMA Director Steve Groff and DMMA Deputy Director Lisa Zimmerman to join the committee for a discussion about the current status of accessibility to free or low-cost wellness, exercise and weight-loss options for individuals with disabilities. Following a robust discussion with input from committee members who are parents of children with disabilities as well as members who are adult self-advocates, the following were identified as focus areas:

-Lisa Zimmerman provided information on what is currently offered by the state's two Managed Care Organizations (MCOs). Copies of this information were provided for the committee members and will be kept on file at the DDC office.

-Authorization for services and covering the cost of transportation to health and wellness activities is currently a major roadblock to access.

-Presently, parents must pay for health and wellness activities for their children with disabilities out of pocket. This is financially out of reach for many families.

-The committee should seek data on the impact of a lack of physical activity from the Center for Disabilities Studies Healthy Delawareans with Disabilities Program.

The committee requested that Steve and Lisa stay in touch and also to attend CF Committee meetings if their schedule permits. Steve and Lisa stated that they would be happy to collaborate with the committee with finding ways to address their health and wellness objective.

## **VII. New Business**

**A. Next meeting-** The next meeting will be held on Friday, December 14, 2016 from 1:30 PM to 3:30 PM at DDDS Fox Run, 2540 Wrangle Hill Rd., Bear, DE in the second floor conference room. Call-in is available at 302-526-5475, Code 6940783#.

**B. Any other items the committee would like to discuss-** Hearing none, the meeting was adjourned at 3:07 PM.